

## FFF SOUP STOCK & CREAM SOUP MIX RECIPES

### CREAM OF BROCCOLI, ASPARAGUS OR SPINACH SOUP (ETC.)

Prepare 1 package FFF Cream Soup Mix as directed. Gently Boil 1C.(8 oz.) chopped, Broccoli, Asparagus or Spinach in 4 oz. water until tender. Add vegetables and remaining vegetable water to prepared cream soup. Season with a dash of nutmeg. Stir and simmer 1-2 minutes. Makes about 3/8 oz. servings.

### CHEESE SOUP / CHEESE SOUP W/ BEER

Prepare 1 package of FFF Cream Soup Mix as directed. Stir in 1/2 C. of shredded Extra Sharp Cheddar Cheese and 4 oz. GF Beer (regular or non-alcoholic) and a dash of Tabasco Sauce. Stir over low heat until smooth. \*Beer is optional but will add a wonderful flavor. Garnish with crushed Corn Chips. Makes about 3/8 oz. servings.

### LOBSTER BISQUE

Combine 2 packages FFF Cream Soup Mix w/ 3C water. Heat until thickened. Stir in 4 oz. frozen, chopped Langostino Lobster meat. Add 1/4 C Pale Dry Sherry, 1/8 tsp. Nutmeg, 1/8 tsp. Cayenne Pepper, 1 Tbsp. Tomato Paste. Blend together, reduce heat and let rest 1/2 hour stirring occasionally. *Variations:* Use canned or frozen Crab or Shrimp and leave out tomato paste. Makes about 4/8 oz. servings.

### CREAM OF TOMATO SOUP

In a soup pot, combine 1 pkg. of FFF Cream Soup Mix with 2 cups (16 oz.) cool water and 4 oz. tomato paste. Stir briskly with a wire whisk over medium heat until soup comes to a boil and thickens. Remove from heat and serve with gf crackers. Makes approximately 3 servings. (20 oz.) *For a creamier, richer soup use milk instead of water.*

### NEW ENGLAND STYLE CLAM CHOWDER

Prepare 1 package FFF Cream Soup Mix as directed. In a separate pan, sauté ½ C. small-diced onions in 1 T. butter or margarine. Add onions to soup along with one 6½ oz. can Chopped Clams (with juice) and ¾ C. med. diced potatoes (cooked). Stir and simmer 3-5 minutes. Makes approx. 4/6 oz. servings.

### BREAKFAST SAUSAGE GRAVY-SOUTHERN STYLE

Prepare 1 package FFF Cream Soup Mix as directed. Add 4-6 oz. Cooked Pork Breakfast Sausage, drained of fat and crumbled. Season with 1/8 tsp. Black Pepper. Stir over low heat for 3-5 minutes. Serve over GF Biscuits. Makes approximately 4/4 oz. servings.

### HAM AND SCALLOPED POTATOES

Preheat oven to 350 degrees. Prepare 1 package of Cream Soup & Sauce Mix with water as directed on label; set aside. Spoon 1/3 cup of the sauce into a 2 qt. baking dish; add 3 C. thinly sliced potatoes and 1 C. diced ham. Pour the remaining sauce over the mixture. Cover and bake for 45 minutes. Uncover and bake 10 minutes or until potatoes are tender and sauce is bubbly. Makes about 4/8 oz. servings. *\*Optional: Stir in 1/2 C. sharp cheddar cheese before baking. Sprinkle another 1/2 C sharp cheddar cheese on top of casserole before baking final 10 minutes.*

### CHICKEN NOODLE OR CHICKEN RICE SOUP

In a sauté pan, add 2 Tbsp. butter, 1/2 C. diced Onions, Carrots and Celery. Cook until tender. In medium soup pot, dissolve 1 package FFF Chicken Soup Stock Mix in 4 C. water and bring to a low boil. Add cooked vegetables & 1 C. Chicken meat (cooked and diced) plus any other vegetables if desired. Simmer 3-4 minutes. Add 2 C. Cooked Rice or Noodles, bring to a gentle boil. Remove from heat and serve. Makes approx. 6/8 oz. servings.

### FRENCH ONION SOUP

In heavy stockpot, heat 1-2 T. butter or vegetable oil over medium/low heat. Add at least 2 C. sliced onions (2" length, 1/8 " width) and sauté over medium heat about 30 minutes or until onions are tender and a rich light brown color. (Do not burn) Add 4 C. water and stir in 1 packet of FFF Beef Soup Stock Mix. Add 1 oz. (2 T) Sauterne or Dry White Wine. Bring to boil. Reduce heat. Simmer 3-5 minutes. Keep hot and serve in oven safe cup or soup bowl. **To garnish**, place Italian seasoned GF Croutons or Toast Pieces on soup in bowl; cover soup and croutons with thin sliced Provolone Cheese. Place bowl under broiler until cheese begins to melt and brown (only 15-20 seconds). Remove from oven and sprinkle with Parmesan cheese. Serve. Makes at least 4/8 oz. Servings.



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## GLUTEN-FREE RECIPE BOOK for Soups, Sauces & Gravies!

### DAIRY FREE

- \*Chicken Gravy
- \*Beef Gravy
- \*Turkey Gravy
- \*Pork Gravy
- \*Chicken Stock
- \*Beef Stock



### VEGETARIAN

- \*Cheese Sauce
- \*Alfredo Sauce
- \*Mushroom Sauce/  
Soup
- \*Cream  
Soup/Sauce

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## FFF GRAVY MIX RECIPES

### HUNGRY MAN'S BEEF STEW

In a medium pot, Prepare 1 package of **FFF Beef Gravy Mix** according to directions. Add 2 tsp. Red Wine Vinegar, 1/2 tsp. dried thyme, 1/4 tsp. garlic powder and 1 bay leaf. Simmer. Add 12 oz. cooked and crumbled Ground Beef (or Beef Tips, browned in oil). In a separate pan, sauté ½ C. diced Onion, ½ C. diced Celery and ½ C. (1/4 inch cut) small diced Carrots until tender. (Frozen mixed vegetables may also be used and/or cooked in microwave as directed.) Add vegetables to beef gravy. Simmer 15-20 min. Serve over rice, GF pasta, bread, biscuits or potatoes. Additional vegetables like corn, cooked potatoes, peas, green onions, diced tomatoes, mushrooms and lima beans may be added as desired. Other favorite seasonings can be added to enhance flavor. Makes approx. 4/8 oz. servings.

### BEEF BORDELAISE

Mix 2 package **FFF Beef Gravy Mix** according to directions. Add 2 T. Red Wine or Pale Dry Cocktail Sherry, 1/8 tsp. thyme and 1 bay leaf. Bring to boil over medium heat, stirring constantly. Add 8 oz. cooked Ground Beef (drained of fat) or beef tips browned in oil, 1 C. sautéed Yellow Onions (or 1 C. chopped Green Onions) and 2 C. sliced, sautéed Mushrooms. Simmer 5 min. Serve over GF pasta, rice, potatoes or GF bread. Makes approx. 4/8 oz. servings.

### BEEF STROGANOFF

Use the above recipe for Beef Bordelaise. Add 8 oz. Sour Cream, Yogurt, or heavy non-dairy Sour Cream/Yogurt substitute and ¼ tsp. Paprika. Mix well and serve over GF pasta, rice, bread or potatoes.

### PORK WINE SAUCE

Prepare 1 package of **FFF Pork Gravy Mix** according to directions. Add 2 Tbsp. White Wine, and 2 Tbsp. Green Onions (chopped), stirring constantly as sauce thickens. Makes 12 oz. sauce. Serve over roasted, sliced pork loin.

\* For **CHERRY PORK WINE SAUCE** add 1/8 C. Dried Cherries and simmer an additional 3-5 minutes while stirring. Serve over sliced pork loin, roasts or chops.

### SAUSAGE GRAVY

Add 1 packet **FFF Pork Gravy Mix** to ¾ C. water and 1 tsp. Black Pepper. Bring to gentle boil, stirring constantly until gravy thickens. Stir in 1C. cooked and crumbled Breakfast Sausage (drained of fat) plus 1 C. Half & Half, Milk, Soy Milk (Silk) or Rice Milk. Serve over GF biscuits, GF toast or potatoes. Makes approx. 4/6 oz. servings of gravy.

### CREAM OF CHICKEN SOUP

In a soup pot, combine 2 pkg. **FFF Chicken Gravy Mix** with about 3 cups Whole Milk, Soy Milk, Almond Milk or Rice Milk. Stir together briskly with a wire whisk over medium heat until soup comes to a boil and thickens. Remove from heat and serve or use in other recipes. Makes approximately 4 servings. (24 oz.) *For recipes using concentrated canned cream of chicken soup, reduce the water to about 16 oz. \*Optional: Add 1/3 C. Sour Cream for richer texture and flavor. Serve Hot.*

### CHICKEN STEW (or CHICKEN POT PIE FILLING)

In medium size pot prepare 1 package of **FFF Chicken Gravy Mix** as directed. Bring to boil, stirring constantly. Reduce heat and stir in 1 C. cooked Chicken Meat and 1 C. Mixed Vegetables (fresh or frozen). Return Stew to a boil. Reduce heat. Simmer 3-5 minutes. Remove from heat. Serve over GF toast, rice or noodles. \*Baking Option: Preheat oven to 350°. Place stew in casserole dish, cover with mashed potatoes, bake 20 minutes. Makes approx. 3/8oz. servings. For richer, creamier stew or pot pie filling, use milk instead of water.

### CHICKEN FLORENTINE SAUCE

In a medium size pot, prepare 1 package **FFF Chicken Gravy Mix** according to directions. Bring to a slow boil and while stirring constantly, add 2 T dry sherry, about 6 oz. frozen chopped spinach, 1/8 tsp. nutmeg and 1/8 tsp. ground pepper. Reduce heat and simmer 2-3 min. Serve over Grilled or Baked Chicken Breast on a bed of GF pasta or rice. Makes approx. 4/4 oz. servings of sauce.

### TURKEY TETRAZZINI

In a medium size pot, prepare 1 package **FFF Turkey Gravy Mix** as directed. Add 1/8 tsp. black pepper, 1/8 tsp. cayenne pepper and 1 1/2 C. cooked, diced Turkey Meat. Remove from heat and stir in 1/2 C. heavy cream, 2 Tbs. chopped parsley, dash of hot sauce, 1/2 cup sliced mushrooms, 2 oz. diced pimentos (optional). Toss in 8-12 oz. of cooked GF Pasta and pour mixture into a greased 9 x 9 casserole dish. Sprinkle with 1/3 C. parmesan cheese and bake, covered at 350 degrees for about 30 min. Uncover and bake 15 min. more. Makes about 4/8 oz. servings.

## FFF SAUCE MIX RECIPES

### MACARONI & CHEESE

Follow directions on one package **FFF Cheese Sauce Mix**. Stir in 2-3 C. of your favorite GF Pasta that has been cooked and drained. For variation, add 1 C. chopped ham or cooked ground beef. Makes 3-4 servings.

### MEXICAN CHEESE DIP OR SAUCE

Follow directions on one package **FFF Cheese Sauce Mix**. Add ½ C. GF Salsa and season to taste with a GF Hot Sauce. Serve with Tortilla Chips or as a sauce over cooked Chicken Breasts. For more variety, add 2/3 C. cooked, browned and drained Chorizo Sausage or ground beef, black beans and corn. Makes about 16 oz. of delicious dip.

### VEGETARIAN TORTILLA TEX-MEX SOUP

Mix one package **FFF Cheese Sauce Mix** with 2 C. water and bring to a boil while stirring. Add 2 C. frozen corn, 1 C. chopped tomatoes, ½ C. chopped bell pepper and ½ C. chopped onion. Add up to 1 T. GF chili powder. Add GF hot sauce to taste for more spice and heat. Mix and heat. Garnish with Corn Chips. Makes approx. 4/6 oz. servings.

\*For **TORTILLA TEX-MEX SOUP** follow recipe for Vegetarian Tortilla Tex-Mex Soup. Add 1 C. cooked and chopped chicken or browned and drained ground beef or chorizo sausage. Makes approx. 4/6 oz. servings.

### CHEESE BURGER SOUP

Mix one package of **FFF Cheese Sauce Mix** with 12 oz. water. Add 1 C. cooked ground beef, 1 C. chopped, sautéed onion. Simmer 3-5 minutes. Garnish with 1 C. chopped tomato and shredded cheddar cheese. Makes 4/6 oz. servings.

### GREEN BEAN & MUSHROOM CASSEROLE

Preheat oven to 350°. Prepare **FFF Vegetarian Mushroom Sauce Mix** as directed. Stir in 8-10 oz. frozen, French Cut Green Beans. Spread evenly in medium casserole dish. Cover and bake for 40 minutes. Remove from oven and top with 2C. crushed "Funyuns" or crushed potato chips seasoned with onion powder. Makes approx. 4/6 oz. servings.


### CREAM OF MUSHROOM SOUP

In a soup pot, combine 1 pkg. of **FFF Mushroom Sauce/Soup Mix** with 16 oz. water. Stir together briskly with a wire whisk over medium heat until mixture comes to a boil and thickens. Remove from heat and serve or add to other recipes. Makes approximately 3 servings. (18 oz.) *For recipes using concentrated canned cream of mushroom soup, reduce water to about 12 oz. For a creamier soup or sauce use milk instead of water.*

### CRAB DIP ALFREDO

Prepare 1 package **FFF Alfredo Sauce Mix**. Let sauce cool. Preheat oven to 375F. In a food processor, add (in order) the following ingredients: 8 oz. canned Crab Meat, 8 oz. Cream Cheese, ½ C. (4 oz.) Alfredo Sauce, 1 C. Mayonnaise, one 14 oz. can Artichoke Hearts (drained) and ½ tsp. black pepper. "Coarse" chop ingredients together. Transfer ingredients to a mixing bowl and stir in (by hand) 4 oz. the minced sweet onion and 4 oz. of shredded Parmesan cheese. Spread ingredients evenly in an ovenproof casserole dish and sprinkle another 4 oz. of Parmesan cheese on top. Garnish with 1 oz. (2 T) slivered Almonds (optional). Bake until bubbly and lightly browned (about 15-20 minutes). Serve hot or at room temperature on GF crackers or toast triangles. Makes approx. 32 oz. of dip. \*Note: If crabmeat is available only in 16 oz. can, just double all other ingredients and freeze the remainder.

### DID YOU KNOW.



*FFF Mixes can be substituted into hundreds of your favorite recipes to make a delicious gluten free version! Please visit our website for recipes and tips!*